

CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER

April 2010

Rule changes

Coaches and Team Managers should ensure that their athletes are aware of, and fully conversant with, the rule changes relating to false starts. The new rules apply within Senior competition. Full details can be downloaded from the UKA website and Cheshire AA websites. All other levels of competition remain unchanged.

Flying Coach sessions – all Clubs are invited to take part, free of charge in the England Athletics Flying coach sessions. A variety of sessions are offered at no cost to participating Clubs. All costs are covered by England Athletics. Contact Sarah Friday for details.

A number of items of **lost property** were found following the recent inter-counties event. Contact roadrunning@cheshireaa.com for details.

FIXTURES - Road and MT

2010

4 April Halton Run-the-Bridge 5 mile
4 April Air Products 10K, Crewe
7 April **Chester Spring 5 mile GP1**
10 April High Legh 10K (rescheduled from 21 February) RACE FULL
18 April **Whitley 10K- GP2**
24 April Joshua Tree Charity Fun Run, Marbury Park (hosted by Vale Royal)
(25 April LONDON MARATHON)
25 April South Cheshire Harriers, 20 mile
7 May Christleton 5K
16 May **Chester Half Marathon – GP3 (FULL)**
20 May Mobberley 5
31 May Chester Marathon, from Chester Rugby Club
5 June **Hollins Green 5K – GP4**
24 June **Warrington RR 10K – GP5**
26 June Lymm 5K
7 July Forest Park 5K, Birchwood (Ladies only)
11 July Oulton Park Ladies Half Marathon
17 July Burtonwood 5 mile
15 Aug **Great Warford 10 mile – GP6**
22 Aug Birchwood 10K
25 Aug Capenhurst 5K
11 Sep NW Counties Road Relays, Merseyside??
12 Sep Gawsorth 10K MT, near Macclesfield.
19 Sep Sutton 6 10K, nr Chester
(19 Sep?) Great North Run)
26 Sep **Macclesfield half-marathon GP7**
3 Oct English Half Marathon Warrington
10 Oct Cabbage Canter 10K, Antrobus
10 Oct Congleton half-marathon
6 Nov Langley 7

We would appreciate dates for other events proposed to be held in Cheshire.

FIXTURES - Cross Country

2010

5 April Sale Harriers U9-U13 Easter Monday X-C Meeting

Cross Country Results : Inter-county Championships.

The annual UK Inter-county CC Championships moved to Birmingham from Nottingham this year on 13th March. Cheshire finished teams in all of the age groups and in all except 2 of the 10 races, Cheshire teams finished in the top half of the 40+ teams.

The senior men's team was 12th led home by Matt Barnes (Altrincham) in 25th place. The U20 team were led home by Matt Jackson (Warrington) who gained selection to represent England in the revived Home Countries international at the end of the month. Tom Jervis (50th), Zach Bamber (57th) and Elliott Bowker (22nd) led home their respective age group teams of U17, U15 and U13s.

Gemma Connolly (Sutton St Helens) was first Cheshire senior lady, finishing 96th, while Rebecca Craigie (Vale Royal), recovered from injury in the National CC two weeks earlier which caused a dnf, ran exceptionally well to finish 10th in the U20 race to lead the Cheshire team home to 4th place. Megan Huxley (Vale Royal) in 6th place led the U17 team home to 11th position; Shannon Johnston 16th the Under 15 team (6th) and Jessica Parsons 9th the under 13 team (16th).

The county's thanks go to the team managers : Adrian Thiemicke (seniors); Marcus Walker (U20 and 17 males); Julie/Phil Hicken (U20 and 17 females); Chris Griffiths (U15 and U13 boys); Bob/Pauline Lynch (U15 and 13 girls). Mike Cutler, the new County Chairman, master minded the travel arrangements of the now traditional double decker coach (and had sufficient energy left to run the Stafford 20 mile road race the next day!). These championships are one of the few occasions that Cheshire athletes compete as county teams.

One week later was another occasion although for the schools (when age groups are one year different from the "clubs" event) :

The English Schools' Cross-Country Championships – on 20 March, around 4000 young athletes competed in wet and muddy conditions at Heaton Park, Manchester. The course was demanding to say the least, with a sixty degree slope thrown in for good measure. **Harry Ellis** was crowned Senior Boys' Champion after a fine run, finishing six seconds ahead of the second-placed runner (and was pictured on the cover of Athletics Weekly). The senior boys' team of Harry, backed by A Clewes, L Hilton, E Crowther, D Jackson, A Perry, C Bennett and P Beesley finished in 23rd position. R Craigie was highest-placed finisher in the senior girls' squad in fourth (and also pictured in Athletics Weekly), with some strong performances from team mates R Jefferson, N Meadows, K Stringer, S Griffiths, R Hetherington and G Mayled to ensure a top ten team finish in 9th – the best from any of the Cheshire teams. Also in excellent form were the inter-girls, finishing in 13th spot led home by M Huxley in tenth place. The rest of the team were T McCormick, D Wallis, A Pettitt, L Gray, L Bunce, E Heaven and K Ashcroft. The inter-boys' team of Z Bamber, L Renton, B Edwards, R Owen, H Valentine, C Goodwin and C Murray also achieved a top twenty finish. The junior boys' squad of D Gant, L Burthem, R Poole, M Roston, R Jones, K Acton and L Cockerton were in 23rd position, whilst, last but not least, the junior girls' team led home by C Jarvis and backed up by J Parsons, J Evans, E Carter, G Pickles, A Brooks and L Towers finished in 22nd position in what was a very large field. Well done to everyone who took part in a challenging series of races representing Cheshire Schools where the 3 girls age groups combined to put Cheshire 2nd in Group B (based on population size).

FIXTURES - Fell Racing

The 2010 Inter-Counties Fell Running Championship will be held on 22 May in the Lletty Fell race at Llangynhafal (north of Ruthin) GR 128647 Contact Alan Barlow on 0161 483 9330.

FIXTURES – Track and Field

2010

11 April E Gallagher Meeting – am – up to U15's
T J O'Mahoney Meeting – pm – U17s to Senior
17 April Jumps and Throws Meeting, Wavertree

11/18 April	Cheshire T&F Meeting Round 1
28 April	Macclesfield Open 6-8.30pm
1 May	Northern League Match 1
2 May	YAL Round 1
5 May	Macclesfield Open 6-8.30pm
8-9 May	County T&F Championships, Macclesfield
15 May	NW U20 & Senior Regional Championships, Trafford
18 May	YAL Round 2
22-23 May	Northern U17/U15 Championships, Leigh
30-31 May	CAU Inter-Counties, Bedford
5 June	Northern League Match 2
12-13 June	Northern Senior/U20 Championships, Sport City, Manchester
19-20 June	Northern Senior Championships, Sport City
20 June	YAL Round 3
4 July	Northern League Match 3
3 July	County Track Relay Championships, Crewe
11 July	Cheshire T&F Meeting Round 2
17-18 July	EA Senior T&F Championships, Gateshead
18 July	YAL Round 4
31 July	Northern League Match 4
8 Aug	Cheshire T&F Meeting Round 3
14-15 Aug	NW Combined Events Open, Sport City
21-22 Aug	EA U17&U15 Championships, Bedford
29 Aug	Northern Athletics Inter-Counties, Champs., Gateshead
5 Sep	Cheshire T&F Meeting Round 4
12 Sep	County Combined Events Championships plus U11 Triathlon, Macclesfield

Entry forms for the County and Regional Championships can be downloaded from the county website.

Malta International – the following Cheshire athletes will be part of the Northern team travelling to Malta – Samantha Fraser-Sadler, James Gladman, Matthew Jackson and Sam Dykes.

Congratulations to Alex Wort of Warrington who was placed 1st in the North and 5th overall in the England Athletics combined events championships held at Sheffield on 6-7 March. Competing in the U17 mens' heptathlon Alex's points total of 3615 included 5 new pbs, including six seconds off his previous best time in the 1000m, where a fine display of front running helped to bring him the title. Also competing at Sheffield were **Victoria Anderson and Alice Jennings** of West Cheshire, who were taking part in the U17 womens' Pentathlon. Victoria was 1st in the North and 2nd overall, whilst Alice was 5th in the North and 6th overall.

Cheshire athlete **Allyn Condon** was a member of the GB Bobsleigh team during the Winter Olympics becoming one of the few individuals to take part in both Winter and Summer Olympics.

Cheshire qualified athlete, **Hayley Jones** (Wigan Phoenix), was selected as member for the Women's 4x400m relay team at the World Indoor Championships, Doha. Hayley had come back into good form this year after a considerable period of injury.

Stevie Stockton (Vale Royal) was selected for the senior UK Womens team for the International CC championships in Poland on 28th March.

Matt Jackson (Warrington AC) ran for the England Junior Mens team in the Home Countries International at Mansfield on 28th March

More success came recently for CNAC athletes **Liam Clowes** and **Josh Platt** at the NIA Birmingham. Liam stormed to win gold in the 200m with a new pb which puts him top of the UK rankings. Josh picked up two bronze medals in the U15 boys 60m and the 200m events. Josh's times put him into the UK rankings in 3rd and 2nd positions respectively.

Darren Scott (Trafford) has had a busy winter setting a number of indoor records at 200 and 300m in the MV40 age group.

FIXTURES - SPORTSHALL ATHLETICS

18 April UK Final – LG Arena, NEC Birmingham

Cheshire will be represented in the U13 girls, U15 girls and U15 boys age groups. Congratulations also to Adam Howell and to Aimee Addis both of CNAC who were the all-rounder winners in the U15 age groups.

Joe Shellhorn who has been the main point of contact for Cheshire officials for the past 15 years is retiring from his post. For a short period, Alan Morris, who will be taking over the position will be working in tandem with Joe. Joe would like to remind officials to send in their returns for this year's Cheshire events – preferably by end-March. This is not the last we shall see of Joe, as he is taking over from George Bunner as President on the Cheshire County Committee. The County owes Joe a vote of thanks for all his hard work over the past years, whilst Joe, in his turn, thanks everyone for all their help and encouragement during his time in post.

The Cheshire Network Action Group has been formed to promote discussion between Clubs with a view to sharing ideas, best practice and initiatives for a host of activities. It has been initiated by an Athletics Network bid to England Athletics for significant funding but the clubs currently involved are keen to include as many Cheshire Clubs as possible. Minutes of the meeting held at the end of February are on the County website. The focus of the meeting was the first event and alternatives were discussed from a major headline event to a round robin of vents. A large headline event was fine to make an impact there were concerns about follow up, whereas smaller, club-based events could increase participation without the need for immediate additional infrastructure. Also discussed were issues about student participation, attracting volunteers and forming schools and university partnerships, Cheshire were told that their bid for funding had been successful and they were asked us to consider how the funding would be managed. Options include creating a formally constituted body from the Clubs or linking with another organisation, e.g. County Sports Partnership, who could manage the funding on our behalf. We need to ensure that any employed staff member is in post to deliver and not 'push paper', it's vital that the network drives the priorities. If you wish your club to be involved please contact the Network Coordinator Andy Garnett by email on andy.garnett@amec.com. Alternatively, for more information about Athletics Networks, contact Sarah Friday of England Athletics. Minutes of the 2.12.09 meeting have been distributed to all Cheshire Athletic Clubs.

Cheshire Club List – Mike Lamb of West Cheshire AC has taken over responsibility for keeping the list up to date.

Sarah Friday writes: Please be aware of a grant scheme that has opened in the last week - the **Mars Refuel grant**. This is an easy to apply for funding stream for up to £500 for any projects that will help an individual or club play longer. Every month until May the fund will be giving away £10,000, up to £500 to 20 clubs or individuals. Please follow the link to visit the online application form: <http://www.marsrefuel.com/refuel-fund/>

If you are currently looking into other sources of funding for projects within your club please let me know as I can produce a bespoke funding report with local, regional and national pots of money that you may be able to access, and then support you in any applications should you require assistance.

TRAINING

2010

17 April NW PV Coach Development Squad, Sportcity

CHESTER & WARRINGTON SPORTS PARTNERSHIP COURSES

A Club for All

Basic First Aid

Safeguarding and Protecting Children

Equity in your Coaching

Note that the above courses are not exclusive to athletics. However, they are vital if Clubs are seeking accreditation/reaccreditation for Clubmark. For further information please telephone 01606 871812.

UK coaching courses (local to Cheshire)

Children in Athletics

Level 1

Run in England - Leadership in Running Fitness

9 May NC0135 Sportcity £90

Strength and Conditioning

Level 2

Express course – must attend on all dates – Sportcity £140

** Leigh Sportcity – all other dates at Sportcity Manchester

Level 2 Sport City

Level 3 Module - Strength and Conditioning

Level 3 Phases 1, 2 and 4

Qualification to be introduced in January 2010 - Venues and fees to be confirmed. **Please check UKA website for information including details of Level 3 Phase 4 courses. See website address below.**

Subsidised places are available – funding information can be obtained from Sarah Friday (contact information below). PLEASE BOOK EARLY AS COURSES FILL UP QUICKLY. Application forms and cheques to be returned to England Athletics, Education and Customer Services, Wellington House, Birmingham International Park, Solihull, Birmingham, B37 7HE or some courses can be booked online at www.englandathletics.org.

CRB information - Brian Warren, the County Secretary has received a post card from the Independent Safeguarding Authority which refers to changes to the Criminal Records Procedure which they want to be brought to your attention. Please go to the following web site to read it fully: www.businesslink.gov.uk/vrb

Eddie Gore (Tel: 0151 513 5606), is the Cheshire County AA Coaching Co-ordinator. Eddie recommends that all clubs who have licensed coaches to keep a watch on CRB renewals which are coming up (a 3 year cycle) to ensure their licence remains valid.

CRB application forms are available from Jane Fylan, UK Welfare Co-ordinator : Telephone 0161 223 4246 or email her at jfylan@uk.org.uk

A brief note to explain the new Vetting and Barring Scheme which is in addition to CRB can be viewed on the County website.

UKA is pleased to announce the inaugural **Officials Awards** this year to be celebrated on the same day as the UKA Officials Conference, Sunday 18 April 2010. These awards are unique, as they are voted for by the official for the official, for individuals who give up their time and energy to the sport of athletics on weekends and evening throughout the year. The categories for which awards will be awarded are:

The Officials' Official / Off Track Official / Young Official / "The Official Innovator". Awards will be presented at the annual UKA Officials Conference.

For information, rules and to submit your nominations please visit:

<http://www.uka.org.uk/competitions/officials/officials-conference-2010/officials-awards-2010/>

Officials' Courses - 2010

Level 2 - Generic plus one other – please specify on application

11 April NW0035 Sportcity £15

Further information can be obtained from Tina Beresford (email address below or Joe Shellhorn – joseph.shellhorn@tesco.net, or on Cheshire website.

Details of forthcoming **courses for officials** are now available on the England AA web site.

Contact Tina Beresford for information concerning Officials' Courses for the North of England. She is based at Sports City tinaberesford@englandathletics.org. Telephone 07920 532552

Sarah Friday (sfriday@emglanathletics.org) is the Coach and Club co-ordinator for Cheshire and for Greater Manchester. (Tel : 0161 230 8184).

The next County Committee Meeting will be held on Wednesday 28 April at Frodsham Community Centre, Fluin Lane, commencing at 7.30pm. All affiliated Cheshire Clubs are entitled to send a representative or representatives.

INFORMATION for the NEWSLETTER :

PLEASE send any items for the next Newsletter direct to the Editor (Ellen Molloy):

jamesandellenmolloy@btopenworld.com